



SWS Mountain Guides
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Rock Climbing Equipment List

Mammoth Lakes, Sierra Nevada, Smith Rocks, Joshua Tree, Castle Crag

We will be climbing in the outside environment, please bring all the items listed below and be able to carry them in a day pack to the climbing site which maybe a short hike away from the vehicles. If you have any questions give us a call at 1-888-SWS-MTNS (797-6867)

The Basics:

- Light Hiking Boots, Approach shoes, or Tennis Shoes
- Rock Climbing shoes (rentals available)
- Medium size day pack (2,000 cubic inches)
- Sit Harness (can be provided by SWS)

Clothing:

- Long or short sleeved T-Shirt
- Loose fitting climbing pants / Sweats or Gym type clothing-no jeans
- Sun hat
- Bandana
- Fleece or Down Jacket
- Wind/Rain Jacket
- 1-2 pair of sox
- Extra camp clothing

Other Important Stuff:

- 2-one Liter Water Containers or Hydration system (camelbak)
- Swiss Army Type Knife
- Good Quality (DARK) Sunglasses
- Sunscreen (rated 15)
- Chapstick
- Headlamp or Flashlight
- Toilet Paper

For Camping Overnight:

- Sleeping Bag (rated to 25 degrees)
- Sleeping Pad
- Tent (can be rented from SWS)
- Cup
- Small Bowl and/or plate
- Fork and Spoon
- Cooking Stove and Fuel

Optional:

- Camera/Film
- Down Vest
- Light Wool/Polypro Gloves
- Wool or Fleece cap
- Chalk Bag
- Extra carabiners (please have equipment marked)
- Personal climbing equipment (please have equipment marked)
- Personal car camping equipment (if camping) sleeping bags, tents, stoves,

Provided by SWS as needed:

Ropes
Sit Harness
Technical Equipment
Helmets

Lunches and snacks for 2-5 days depending on course length: Lunches and high carbohydrate snacks-Examples: Clif Bars, Power Bars, GORP (good old peanuts and raisins), bagels, cheese, crackers, cookies, candy bars, dried fruit, hard candy, chocolate, and granola bars. 10/03